

Delicious Dishes from DAIRY PRODUCTS



HAVE you ever considered how many delicious foods we should have to forego if the dairy cow should vanish from our farms? Milk is not only the favorite beverage of millions of Americans. It is a basic ingredient in much of our cooking, either in its original form, or manufactured into butter, cheese, and other products. Without milk we would have no cream soups or sauces! No cream for peaches! No butter for toast and rolls, or adding a delectable touch to cooked vegetables! No cheese giving its flavor to many favorite dishes! No milk drinks, no milk puddings, no ice cream!

Even more important—we should have to seek elsewhere for ingredients to give our meals the nutritional value that milk and dairy products add so easily.

Three cups of milk a day, for instance, provide enough calcium for the body needs of a moderately active adult. (A growing child may need more.) That amount of milk also furnishes all the day's needs of riboflavin and at least one third of the protein, in addition to some vitamin A, some thiamine, and a small amount of iron. The milk fat and sugar are important for their energy value.

When combined with peas, beans, cereals, and other plant foods, milk makes their proteins more valuable, and they become good substitutes for meat, fish, poultry, and eggs. A good way to stretch your food dollar!

It is not difficult to see that every member of your family gets three cups of milk each day. The easiest way of all is to serve it as a beverage but you can use part of it in cooking. This leaflet contains a few recipes that you will want to add to your collection. They were developed by the College of Home Economics at Cornell University in cooperation with the American Dairy Association.

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Main Dishes

For best results, use *level* measurements.

Macaroni and Cheese Delight

Yield: From 6 to 8 servings

½ cup soft bread crumbs	1 cup grated cheese
3 tablespoons butter, melted	3 cups milk, heated
1½ teaspoons minced onion	2 eggs, separated
1½ teaspoons salt	2 cups cooked macaroni

1. Combine the crumbs, butter, onion, salt, and cheese.
2. Add the hot milk to the beaten egg yolks and combine with the crumb-cheese mixture. Add the cooked macaroni.
3. Fold in the egg whites which have been beaten until stiff but not dry.
4. Pour the mixture into a greased, 1-quart casserole. Set it in a pan of hot water and bake in a moderate oven, 350° F., for from 60 to 70 minutes.

A serving is a good source of protein, calcium, and vitamins A and B₂ (riboflavin).

Cheese Luncheon Dish

Yield: From 6 to 8 servings

6 to 8 slices bread	3 cups milk
3 tablespoons butter	3 eggs, slightly beaten
¼ pound cheese, sliced thin	½ teaspoon salt
	½ teaspoon mustard (optional)

1. Butter the bread, cover with cheese, and cut into squares.
2. With the bread and cheese, line the bottom and sides of a buttered, shallow baking dish or individual casseroles.
3. Combine the milk, eggs, and seasonings and pour the mixture over the bread.
4. Place the baking dish in a pan of hot water. Bake in a moderate oven, 350° F., until of custard consistency, about 45 minutes. Serve hot.

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Spoon Bread

Yield: From 6 to 8 servings

½ cup cornmeal	2 eggs, separated
1½ teaspoons salt	2 tablespoons butter
3 cups milk	1 teaspoon baking powder

1. Combine the cornmeal and salt. Stir in 1½ cups of the milk. Cook to a thick mush, stirring constantly, for about 5 minutes.
2. Remove from the heat, and combine with the slightly beaten egg yolks, butter, and remaining milk. Add the baking powder and mix well.
3. Beat the egg whites until stiff, but not dry, and fold them into the cornmeal mixture. Turn the mixture into a buttered, shallow, 1-quart baking dish.
4. Bake in a moderately slow oven, 325° F., until set, for about 45 minutes.
5. Serve hot with butter. This dish is good with a meat course or served as a main dish with a vegetable sauce.

Salmon-Cottage-Cheese Loaf

Yield: From 6 to 8 servings

<i>Cheese layer:</i>	<i>Salmon layer:</i>
½ tablespoon gelatin	2 cups red salmon, flaked
2 tablespoons cold milk	1 cup salad dressing
¼ cup hot milk	½ cup finely chopped celery
3 cups cottage cheese, sieved	1 tablespoon lemon juice
¼ teaspoon minced onion	½ tablespoon gelatin
¼ teaspoon salt	2 tablespoons cold water

1. Prepare the cheese layer first. Soak the gelatin in the cold milk, then dissolve it in the hot milk. Combine with the remaining ingredients.
2. Chill the mixture until it begins to thicken, then pour it into a mold that has been rinsed with cold water.
3. Combine the salmon, salad dressing, celery, and lemon juice.
4. Soak the gelatin in the cold water for five minutes. Heat it over boiling water and stir until dissolved, then add to the salmon mixture and cool.
5. Pour the salmon mixture over the cheese layer in the mold. Chill until firm.
6. To serve, unmold the gelatin loaf onto a large platter and garnish it with watercress and tomato slices.

A serving is a good source of protein.

Cottage Cheese Salad Mold

Yield: 8 servings

1 tablespoon gelatin	$\frac{3}{4}$ teaspoon salt
$\frac{1}{4}$ cup cold water	$\frac{1}{8}$ teaspoon paprika
2 cups cottage cheese	$\frac{1}{2}$ cup light cream

1. Soften the gelatin in the cold water. Heat it over boiling water and stir until dissolved.
2. Mash the cheese fine; add the seasonings, cream, and gelatin.
3. Turn the mixture into a ring mold that has been rinsed with cold water. Chill.
4. When firm, unmold onto a bed of lettuce or other greens. Fill the center with fresh or canned fruit cut into small pieces, drained well, and seasoned to taste. A mixture of fruits such as peaches, pears, cherries, orange, and raisins is suggested. Serve with a salad dressing.

A serving is a good source of protein.

Cheese Cake

Yield: One 6-inch cake

1 cup cottage cheese	$\frac{1}{8}$ teaspoon grated lemon rind
2 tablespoons flour	$1\frac{1}{2}$ tablespoons lemon juice
2 tablespoons sugar	1 whole egg, beaten
$\frac{1}{8}$ teaspoon salt	$\frac{1}{8}$ cup light cream
Dash of nutmeg	2 egg whites, beaten
$\frac{1}{4}$ teaspoon vanilla	2 tablespoons sugar

1. Select a pan about 6 inches in diameter and $2\frac{1}{2}$ to 3 inches deep. Line the pan with egg pastry or crumb crust (page 5). Bake the crust in a moderate oven, 350° F., until golden brown, about 15 minutes.
2. While the crust is baking, sieve the cottage cheese. Sift the dry ingredients together and mix with the cheese.
3. Add the flavorings and the slightly beaten whole egg; mix well. Stir in the cream.
4. Beat the egg whites until glossy but not stiff; beat in the remaining sugar. Cut and fold this mixture into the first one.
5. Pour the combined mixtures into the baked crust and sprinkle the top with nutmeg.
6. Place the baking dish in a pan of hot water and bake in a moderate oven, 350° F., until the filling is set, for about 1 hour and 20 minutes.
7. Cool the cake thoroughly before serving.

Crusts for Cheese Cake

Egg Pastry

Yield: One 6-inch crust

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| $\frac{1}{2}$ cup sifted flour | 2 tablespoons sugar |
| $\frac{1}{4}$ teaspoon baking powder | 2 tablespoons butter |
| $\frac{1}{16}$ teaspoon salt | 1 egg yolk |
| 2 teaspoons water | |

1. Mix the dry ingredients and cut in the butter as for regular pastry.
2. Add the egg yolk and water beaten together. Mix well.
3. Line the baking pan with a thin even layer of the pastry.

Crumb Crust

Yield: One 6-inch crust

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| 1 cup fine Zwieback crumbs | 2 tablespoons sugar (optional) |
| 2 to 4 tablespoons melted butter | |

1. Combine all the ingredients and blend them thoroughly.
2. Line a buttered baking pan with the crumb mixture, patting it to an even thickness. If desired, $\frac{1}{4}$ cup of the mixture may be saved to sprinkle over the top of the filling before baking.



Ice Cream and Sherbet

Suggestions for Freezing Ice Cream

After the frozen foundation mixture has been combined with the whipped cream and returned to the freezing tray, wet the bottom of the tray to hasten freezing. Place the tray in the freezing unit with the control set at the coldest point. When the mixture is hard on the sides and bottom of the tray, after from 15 to 30 minutes, loosen the frozen part with a spoon and mix it with the unfrozen center. Again wet the bottom of the tray and replace it in the freezing unit. In from 15 to 30 minutes, the ice cream should be hard enough to serve. To hold the ice cream, turn the refrigerator control to normal running temperature or a little colder. The ice cream is best if held not more than from 1 to 3 hours before serving.

Vanilla Ice Cream

Yield: From 6 to 8 servings

1½ cups milk	1½ teaspoons vanilla
½ cup sugar	¼ cup light corn sirup
1½ tablespoons cornstarch	1½ cups medium cream,
¼ teaspoon salt	whipped

1. Combine ¼ cup of milk with the sugar, cornstarch, and salt.
2. Heat the remaining milk and combine it with the first mixture. Cook the mixture over hot water for 15 minutes, stirring it until thickened and occasionally afterwards.
3. Remove it from the heat, add vanilla, and cool.
4. Pour the mixture into a refrigerator tray and place it in the freezing unit set at the coldest point.
5. When the mixture is frozen to a thick mush, after about 15 minutes, combine it with the corn sirup and the cream, which has been whipped until thick but not stiff. Beat the mixture with a rotary beater until blended and return it to the freezing tray.
6. Follow the general suggestions for freezing ice cream.

A serving is a good source of vitamins A and B₂ (riboflavin).

Chocolate Ice Cream

Yield: From 6 to 8 servings

1½ cups milk	1½ squares (ounces)
¾ cup sugar	chocolate cut in pieces
1 tablespoon cornstarch	1½ teaspoons vanilla
¼ teaspoon salt	1½ cups medium cream, whipped

1. Combine ¼ cup of the milk with the sugar, cornstarch, and salt.
2. Heat the remaining milk with the chocolate; stir it to blend. Combine this with the first mixture. Cook the combination over hot water for 15 minutes, stirring until thickened and occasionally afterwards.
3. Remove the mixture from the heat, add vanilla, and cool.
4. Pour the mixture into a refrigerator tray and place it in the freezing unit set at the coldest point.
5. When the mixture is frozen to a thick mush, for from 15 to 20 minutes, combine it with the cream which has been whipped until thick but not stiff. Beat it with a rotary beater until blended and return it to freezing tray.
6. Follow the general suggestions for freezing ice cream.

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Molasses Ice Cream

Yield: From 6 to 8 servings

1½ cups milk	1½ teaspoons vanilla
¼ cup sugar or light corn sirup	½ cup mild molasses
1½ tablespoons cornstarch	1½ cups medium cream,
¼ teaspoon salt	whipped

1. Combine 2 tablespoons of the milk with the sugar or sirup, cornstarch, and salt.
2. Heat the remaining milk and combine it with the first mixture. Cook the mixture over hot water for 15 minutes, stirring until thickened and occasionally afterwards.
3. Remove it from the heat, add vanilla, and cool.
4. Pour the mixture into a refrigerator tray and place it in the freezing unit set at the coldest point.
5. When the mixture is frozen to a thick mush, after about 15 minutes, combine it with the molasses and the cream which has been whipped until thick but not stiff. Beat the mixture with a rotary beater until blended and return it to the freezing tray.
6. Follow the general suggestions for freezing ice cream.

Lemon Milk Sherbet

Yield: 8 servings

2 teaspoons gelatin	½ cup light corn sirup
2½ cups rich milk or top milk	½ cup lemon juice
or half milk and cream	¼ teaspoon salt
¾ cup sugar	

1. Soften the gelatin in ½ cup of the milk. Place the dish over hot water and stir until the gelatin is dissolved. Add the remaining milk, and cool.
2. Combine the sugar, corn sirup, lemon juice, and salt. Add the mixture gradually to the milk, stirring constantly.
3. Pour the mixture into the refrigerator tray and place it in the freezing unit set at coldest point. Wet the bottom of the tray to hasten freezing.
4. When the frozen mixture is firm, after about 20 minutes, remove it to a chilled bowl and break it up with a fork. Beat it with a rotary beater until light and fluffy and return it to the tray.
5. Again wet the bottom of the tray and return it to the freezing unit.
6. When the sherbet is of serving thickness, after about one-half hour, turn the control to normal running temperature and hold the sherbet until time to serve, for from 1 to 3 hours.

Cranberry Sherbet

Yield: 5 servings

½ tablespoon gelatin	1 cup cooked cranberries, strained
2 tablespoons cold water	(2 cups raw cranberries
1½ cups light cream or	cooked in 1½ cups water)
top milk	2 teaspoons lemon juice
¾ cup sugar	1 egg white, beaten stiff
½ teaspoon salt	but not dry

1. Soften the gelatin in the cold water.
2. Scald 1 cup of the cream. Add the softened gelatin and sugar; stir until dissolved. Stir in the remaining cream and let the mixture stand in a cool place until it begins to thicken.
3. Beat the thickened mixture with a rotary beater until foamy. Combine it with the salt, cranberries, and lemon juice.
4. Pour the mixture into the refrigerator tray and place it in the freezing unit set at the coldest point. Wet the bottom of the tray to hasten freezing.
5. When the mixture is partially frozen, remove it to a chilled bowl and beat it with a rotary beater until light and fluffy. Fold in the egg white and return the mixture to the tray.
6. Again wet the bottom of the tray and return it to the freezing unit. Stir the mixture several times during the next hour.
7. When the sherbet is of serving thickness, set the refrigerator control at normal running temperature or slightly colder. The sherbet is best if served within a few hours after freezing.

Variations

Orange-Banana Sherbet

Omit the cranberries and add ¾ cup mashed banana and ½ cup orange juice. The lemon juice may be increased to 1 tablespoon.

Other Fruit Sherbet

Any desired fresh fruit or unsweetened cooked fruit may be used in place of the cranberries in the above recipe.

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